

DECEMBER 2019

Power Up Program

Here's what's going on this month!

Dear Parents and/or Guardians,

This month we're discussing **FRUITS** and how to eat a Rainbow!

According to the Dietary Guidelines, Children should get 1 ½ - 2 servings of Fruits a day!

We know children can be picky when trying new foods so we try to give tips on how to make eating fruits FUN!

Fruits have a variety of nutrients that help our bodies grow. We should eat a variety of colors. Different fruits have different nutrients, like Vitamins A and C, Potassium, and Fiber.

The vitamins and minerals in our fruits help our body in different ways, especially Vitamin C.

During the winter months try to get more citrus fruits, like oranges to help fight against the common cold.

If you would like to sign up for a monthly newsletter sent straight to your email, then head on over to our website [-powerupeatright.com](http://powerupeatright.com) and click *Adults then *Caregivers. At the bottom it will give you the option of signing up!



EAT THE RAINBOW CHALLENGE™

Monday=Red

Tuesday=Orange

Wednesday=Yellow

Thursday=Green

Friday=Blue/Purple



Websites:

- <https://www.powerupeatright.com/>
- <https://adagiohealth.org/>
- <https://www.choosemyplate.gov/>

Can you eat a RAINBOW of FRUITS?

There are so many Fruits that have great nutrients for you. It can be fun to try new Fruits with your family and friends. Try to plan out different fruits you will try with your child(ren).

Get creative with your foods!

- **Fruit Kabobs**
- **Fruit smoothies**
- **Fruit Popsicles**
- **Add fruit to yogurt**
- **Frozen fruit bite**
- **Dip fruit in yogurt then
roll in graham cracker crumbs**
- **Fruit salads**

